



INJURY AVOIDANCE & WELLNESS TACTICS (INNER CIRCLE, HARDEST TO OBTAIN)

BALANCE FOR OVERALL PHYSICAL WELLNESS

1. Program Design/Periodization to avoid Physical Injury (Such as over-training, under-conditioned)
2. REST from Exercise / Recovery days /weeks
3. Maintaining/Gaining Proper Water Intake
4. Maintaining/Gaining Mobility/Flexibility
5. Maintaining/Gaining a Healthy Nutritional Diet
6. Maintaining/Gaining Healthy Strength & Muscle Per Individuals Basic Needs And Advancement Desires
7. Maintenance of ADL's in Everyday Life
8. MENTAL HEALTH!!!!

INJURIES / AILMENTS THAT CAN COMMONLY OCCUR DUE TO LACK OF BALANCE

-Over-training due to lack of rest (Improper rest protocol), and/or due to lack of balance in intensities and/or frequencies. *Most people in the general public do NOT usually consider their workplace functionalities before entering a routine (If they have one in the first place). **Lack of programming** and understanding can lead to multiple kinds of injuries and create fears and eventual problems.*

-Joint and specific muscular pain usually start off with minor aches and pains, and with **continual stress and lack of rest**, eventually increase in pain and become worse. **Working past specific pain types will potentially lead to worse and more debilitating injuries that could possibly require surgical intervention if not handled properly.**

-**Improper hydration** causes your blood to become thicker, resulting in higher blood pressure, more acidic urine. **Potential for losing consciousness, having trouble breathing and having brain fog is increased during exercise with improper hydration.**

-**Stiff, immobile and inflexible joints / muscles** will mostly always cause some form of pull/strain injury and cause tightness and lack of ROM, but in worse cases can often times cause rips/tears in sudden falls or impacts.

-**Improper Nutritional Balance** and specific required intake; you are lacking or potentially ingesting some type of food that might be causing symptoms interfering with your everyday life (incontinence, painful/inconsistent bowel movements, fatigue, headaches, stomach aches/constant noises, trouble sleeping, nausea, brain fog, joint pain)... Having a basic lack of balance of Carbs, Proteins, Fats, or the elements such as Sodium, Potassium, Magnesium.

-**Weight management** is necessary for caring for your body; Being overweight can cause joint pressure issues (stress on joints), while underweight can cause nutritional deficiencies. Having the proper nutrient intake and understanding how to gain+maintain muscle&strength will keep you independent and strong life-long.

-**Lack of maintenance on ADL's** in our everyday life can typically lead to similar aches and pains that we can gain from over-training; sitting/standing/walking/lying, we require a general balance of activities to keep our body fit and healthy. Exercise is just supplemental, we need it to **MAINTAIN AND GAIN STRENGTH!**

MENTAL HEALTH IS A BIGGIE!

Addictions and obsessions account for the majority of over-training and under-conditioned type injuries in the gym; most people don't know when to stop and rest. It's an easy mistake to make, but its one due to lack of discipline or knowledge. Repetitive stress behaviour occurs due to misinformed intent, which inevitably leads the subject to see minimal result (obviously depending on each person). *Injury takes time to occur, and takes more time to recover.*

Exercise is stressful, and injury can lead to increased rates of depression, anxiety, fear and a general misunderstanding of what must be done to avoid specific injury, and potentially make existing issues worse.

Lack of knowledge and specific education is a lack of general wellness, which can cause lack of general functional awareness and understanding of balance.

Having mental health/physical conditions/ailments might delay the ability to progress and learn, but it is up to the trainer to be flexible.. *it is also based on the individual.*